



PSSM & PMC Hindi  
presents



# MAHA योग-ध्यान KUMBH 7

Enlightenment & Enjoyment for All

📍 Yog Mahotsav Ghat, Muni Ki Reti, Rishikesh, India

**16-20 October 2024**

Main workshops will be in **Hindi** &  
Special separate sessions in **English**

*Chalo Rishikesh!*

**Register on [www.mydkindia.org](http://www.mydkindia.org)**

Prasadam will be served

**Step 1** Log on to [www.mydkindia.org](http://www.mydkindia.org)  
& Register with all your details

**Step 2** Upon registration, you will be  
added to MDYK WhatsApp group  
to stay tuned for Event Updates

**Step 3** Book your accommodation from  
the listed ashrams/hotels

## DONATIONS ARE ACCEPTED

Dhyana Jagat Projects U/O PMC  
SAFDARJUNG ENCLAVE -DEERPARK

Bank Account no.:  
**50100697513924**

IFSC: **HDFC0000503**

Scan QR Code for UPI  
Google Pay/ Phone Pay  
Paytm/ BHIM



📞 7042831591, 9392436035, 9717169220, 9971848073, 9810180184, 9818959395

# Dhyana Hai Aasan

## Anapanasati Meditation

'Ana' means 'In-Breath'  
'Apana' means 'Out-Breath'  
'Sati' means 'To Be With'

"Anapanasati Meditation" is effortful, joyful oneness  
with the breath.



### Procedure

- Sit in a comfortable posture
- Cross your fingers, legs and close your eyes
- Just observe the incoming and outgoing breath
- Do not chase your thoughts and come back to your breath!
- It can be done **Anytime!**, **Anywhere!**  
It should be done as per one's age.. in terms of so many minutes.. e.g. **20 years, 20 mins.**



### Benefits

- Diseases get healed speedily
- Memory-power becomes increased
- Wasteful habits die a natural death
- Mind stays in a peaceful and joyful state
- Work gets done with greater efficiency
- Sleep-time requirements get reduced
- Relationships become more qualitative
- Will-power gets tremendously increased
- Ability to discern right/wrong gets sharpened
- Purpose of life is thoroughly understood



PSSM's TV Channel Pyramid Meditation Channel Hindi  
Available on these cable operators

**TATA PLAY**

Ch NO. - 1088

**Jio tv+**

Ch NO. - 1109

**CHANDNI DIGITAL**

Ch NO. - 604

**ABC DIGITAL**

Ch NO. - 555

**FW FASTWAY**

Ch NO. - 604



To Subscribe  
PMC Hindi



Watch PMC Hindi  
24X7 LIVE TV



For Information of  
Near Meditation  
center

For meditation related information and to connect with PSSM,  
please contact : **7042831591, 9392436035**

🌐 [www.pssmovement.org](http://www.pssmovement.org) 🌐 [www.pmchindi.com](http://www.pmchindi.com)



PMC Hindi

in onemedianetwork